

GCJOURNAL

February 5th



THOUGHT OF THE WEEK

While we are all familiar with the impact climate change is having on the earth, there is another effect far less widely discussed; a phenomenon known as eco-anxiety. Eco-anxiety is a form of extreme worry and anxiousness about current and future harm to the environment caused by human activity and climate change.

Natural disasters are becoming more frequent and more extreme as a result of climate change. The fires that devastated Australia or Cyclone Idai, which wiped Mozambique's fourth largest city (Beira) off the map, have caused many people to suffer from eco-anxiety without even knowing what it is. According to [a study](#) published in *The Lancet*, almost two-thirds of 10,000 16-25-year-olds across 10 countries were "very or extremely worried" about climate change, while 84% were at least moderately worried. Over half felt "sad, anxious, angry, powerless, helpless and guilty", and more than 45% said their feelings about climate change "negatively affected their daily life and functioning".

Climate change is a reality and gravely threatens the future of the Earth. The environment is consistently deteriorating due to our carelessness and future generations are bound to suffer unless there is strong and immediate action. While anxiety is a legitimate response to this threat, it is essential that it does not become paralyzing and prevent us from working towards positive change.



RESOURCES

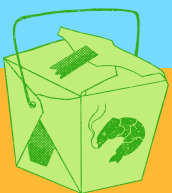


Read [this article](#) on how climate change affects our mental health & ways to cope.



Watch [this 10 minute TED talk](#) by Lyn Stoler to gain insight into how she endeavored to convert climate pessimism to climate optimism.

Read [this article](#) for more detail on eco-anxiety, what it is and why it matters.



CALL TO ACTION



- Recognize that feelings of eco-anxiety are a legitimate response to the threat of climate change. Harness the power of these emotions to motivate your positive climate action.
- Commit to sustainable mobility (e.g. taking public transport), sustainable food (e.g. grow your food, local and seasonal food) and reducing and recycling (e.g. plastics).
- Take concrete steps towards making your home climate-disaster resilient e.g. installing solar panels, investing in a rainwater tank.
- Avoid those little things that pollute, such as leaving the tap running or throwing chewing gum on the ground, because even the smallest detail counts.
- Join CCAs focused on sustainability e.g. Dulwich Social Enterprise Club, Trash Dash, Gardening and more!
- Get inspired by climate activists like [Greta Thunberg](#), [Clover Hogan](#) and [Christiana Figueres](#) whose *stubborn optimism* has resulted in meaningful change.
- Lots of people are working on solutions that will make the world happier, healthier and safer -- read and share articles about the positive strides being made towards climate change mitigation e.g. [The Progress Playbook](#) and the [Happy Broadcast](#).